

STARTERS

Bread Selection £5

For the table
Focaccia, challah & crackers
whipped smoked garlic & sea salt spread
extra virgin olive oil & balsamic vinegar

Minestrone £8

Seasonal vegetable soup, basil oil & garlic croutons

Heritage Tomato & Butter Bean Salad £9

Basil, pickled red onion & hummus

London Cure Smoked Salmon £10

Tomato, cucumber, red onion, avocado, capers, brown rye bread

Seared Tuna £12

Sashimi grade, green mango salsa, mooli & citrus dressing

Goose Foie Gras £21

Homemade goose liver parfait, toasted challah
apple, pear & ginger chutney

Tish Selection £14

For the table
Hummus, harissa spiced white bean & charred aubergine dips
mezoonot crackers & pita

Beef Tartare £13

Classic condiment, za'atar melba toast

Chicken Soup £8.5

Kreplach & seasonal vegetables

Smoked Duck £9.5

Celeriac remoulade, orange & shallot dressing

Ox Tongue & Red Wine £12.5

Braised, mushrooms, potato & leek espuma

MAINS

Chicken Schnitzel £18

Breaded supreme, lemon, rocket salad

Lamb Shoulder £23

Slow roasted, minted pulses

Salt Beef Club £15.5

Relish & dill pickle, toasted caraway white rye

Grilled Tuna Salad £25

Sashimi grade, baby leaves, pearl couscous, kale
radishes, soft boiled egg, harissa, citrus dressing

Dry-aged Rib Eye Steak £29

300g, crispy shallots
bearnaise or green peppercorn sauce

Gentlemen's Schnitzel £28

Breaded veal, capers, fried egg

Duck Breast £25

Roasted, ox tongue bubble & squeak, balsamic jus

Homemade Burger £17.5

Challah bun, chips, gherkin & relish

Grilled Poussin £23

Za'atar pita, chopped salad
tarragon & lemon jus gras

Seared Salmon Fillet £19.5

Seared, new potatoes, salsa verde

Sea Bass Fillet £21

Braised puy lentils, parsnip purée, black garlic emulsion

Spinach Nut Roast Wellington £16.5

Confit celeriac, field mushrooms & peas

Spring Vegetable Salad £15.5

Quinoa, fennel, apple, orange, pomegranate, chickpea
golden raisins, cucumber & sweet potato crisps

SIDES

Heritage Tomato Salad, Shallot & Parsley £5

Seasonal Mixed Salad £5

New Potatoes £4.5

Chips £5

Herb Latkes £6

Truffle Chips £7.5

Honey & Cumin Glazed Carrots £5

Wilted Baby Spinach £4.5

Green Beans, Chilli & Garlic £4.5

DESSERTS

Warm Vanilla Madeleines £8

Macerated strawberries, vanilla set custard

Exotic Fruit Salad £6.5

Pomegranate & orange water

Tish Lokshen Pudding £6.5

Berry compote, toasted challah & honey ice cream

Chocolate & Passion Fruit Fondant £8

Bitter chocolate sorbet

Lemon Meringue Tart £8

Basil sorbe & black sesame crunch

Apple Pie £8

Oat creme fraiche, vanilla ice cream

Vanilla Parfait £7.5

Poached rhubarb & blood orange, rhubarb macaroon

Ice Cream & Sorbet Selection £2.5

Per scoop

Tish Dairy Free Restaurant

196 Haverstock Hill, London NW3 2AG | 020 7431 3828 | eat@tish.london

Prices include VAT at 20%. A discretionary 12.5% service charge – shared wholly between the Tish team – will be added to your bill.

Some items may contain allergens, or traces of, please speak to your waiter for further information.





SPARKLING



Glass 125ml Bottle 750ml

Drappier Carte d'Or, France.....£14.00.....£72.00
Stoned fruits on the nose, dominated by ripe fruits on the palate ensuring a long finish

Prosecco Val d'Oca, Italy.....£7.25.....£39.00
A terrific sparkling wine with a floral bouquet and perfect balance of acidity and softness

Cava Metodo Tradicional, Spain (*).....£38.00
Fresh, fruity with good acidity and a medium intensity aroma

Louis de Sacy Brut, France.....£100.00
Flavours of citrus, gooseberry, rosemary with a smooth and delicate finish

Louis de Sacy Rosé, France.....£120.00
Blossomed nose that, after breathing, reveals notes of ripe strawberry and blood orange



ROSE



Glass 175ml Bottle 750ml

Vina Encina Rosado, Syrah 2017, Spain.....£5.95.....£25.00
Pale strawberry pink, clean and bright with notes of cherry, red and floral fruits

Rose on the Beach, Cinsault 2017, France (*).....£48.00
Rose petal in colour, with violet hues and A citrus nose, peach, guava

Mas de la Rouviere Bandol, Cinsault Blend 2017, France (*).....£65.00
Good structure with notes of red citrus, red berries, pear and mild spices with a medium finish



WHITE



Glass 175ml Bottle 750ml

Vina Encina Blanco, Macabeo, 2017, Spain.....£6.25.....£25.00
Fresh and light, pale yellow in colour with green highlights and notes of apple, peaches, pears

Selection Bokobsa, Chardonnay, France.....£6.75.....£27.00
Fragrant apple aroma, oak and fruit flavours lingering finish

Baron Herzog, Pinot Grigio 2016, California.....£12.00.....£48.00
Notes of citrus blossom, ripe pear, apple and tropical fruit with a lean and elegant finish

Shirah, Viognier-Chardonnay 2016/17, California (*).....£58.00
Intense and rich with flavours of green apple and subtle french oak vanilla

Teal Lake, Chardonnay 2015, Australia.....£8.75.....£34.00
A soft, clean and citrus flavour with pleasant guava and apple flavours on a light frame

Invita Alella, Sauvignon Blanc 2016, Spain (*).....£30.00
Bright straw colour with an elegant aroma of ripe fruit, citrus and tropical notes

Herzog Special Reserve Russian River, Chardonnay 2015 (*).....£85.00
Pear, apple and chamomile notes characterise this tangy, citrus flavoured wine

Contessa Annalisa, Gavi di Gavi 2016, Italy (*).....£54.00
Well structured, medium intensity, with an evident note of green apples and a hint of aniseed

Dalton Estate, Sauvignon Blanc 2017, Israel.....£43.00
Lively, dry and light with crisp acidity combining the fruity aromas of citrus and guava

Goose Bay Sauvignon Blanc 2016, New Zealand.....£47.00
Vibrant and crisp with a bouquet of gooseberries and a slight hint of oak

Shirah Bro Deux, Sauvignon Blanc 2017, California (*).....£72.00
Perfect balance of racy, refreshing acidity and round body with soft floral and oak notes



DESSERT WINES



Herzog White Riesling 2014 Glass 75ml £11.00

Aromas of dried apricot, with intense honey notes and a balanced finish

Ella Valley Muscat 2007 (*) Bottle 375ml £60.00

Aromas of peaches, candied orange peel and a hint of vanilla, full bodied with a long finish



RED



Glass 175ml Bottle 750ml

Duc de France, Languedoc Merlot Blend, 2018, France.....£6.25.....£25.00
Very intense color, round and sweet with slightly spicy and fruity notes, very well balanced

Champs de Gaillard, Bordeaux 2013, France.....£12.00.....£45.00
Complex fruit flavour and well balanced, offering cherry, raspberry and blackberry aromas

Psagot Sinai, Cabernet-Shiraz 2017, Israel.....£14.00.....£58.00
Rich spicy vanilla notes with berries and blackcurrants

Segal Fusion, Bordeaux Blend 2016, Israel.....£9.00.....£35.00
Aromas of exotic spices, fresh finish and a deep ruby colour

Canaan, Cabernet Sauvignon 2017, Israel.....£9.25.....£36.00
Medium body red with notes of black pepper, cherries and plums and low in tannins

Teal Lake, Cabernet-Merlot 2014, Australia.....£10.00.....£39.00
Fruity, rich and smooth with plum, coffee and liquorice notes

Domaine Lafond, Cotes du Rhone 2016, France (*).....£32.00
Intense purple and velvety, with aromas of ripe, fruit, cherries and cassis

Chinon Les Rosiers, Cabernet Franc 2016, France (*).....£37.00
Medium body wine with hits of tobacco and dark spice

Herenza Rioja Crianza, Tempranillo 2014, Spain.....£41.00
Dark cherry colour with very intense aromas of ripe fruit, creamy oak, spices and cocoa

Covenant Red C, Cabernet Sauvignon 2015, California (*).....£60.00
Creamy, fruity and rich with notes of grapefruit, passion fruit and herbs

Maison Sarela 1922 Heritage, Syrah 2017, France (*).....£65.00
Deep red colour, bouquet of black fruits and hints of liquorice with a dense, elegant palate

Cantina Terra Di Seta, Chianti Classico 2014, Italy (*).....£46.00
Lively ruby red, smooth and elegant with notes of cherries, wild berries and violet

Goose Bay, Pinot Noir 2014, New Zealand.....£53.00
Ripe berries with hints of cherry and buttery overtones

Jezreel Valley, Carignan 2014, Israel (*).....£58.00
Silky tannins with notes of black plum, lavender and vanilla

Château Tour Seran, Bordeaux Blend 2013, France.....£59.00
Supple tannins along with sweet aromas of crème de cassis aromas and notions of smoked cedar

Chateau Malmaison, Bordeaux Blend 2016, France (*).....£90.00
Medium bodied, with a silky, pure and clean texture, blackberry and earthy mineral palate

Domaine Bunan, Cotes De Provence 2017, France (*).....£60.00
Full bodied with a dark purple colour and intense fruit aromas

Clos Mesorah, Grenache 2014, Spain (*).....£72.00
Elegant, complex, lingering finish, with a rich bouquet and notes of ripe cherries and spices

Domaine du Castel, Petit Castel, Cabernet Blend 2016, Israel (*).....£100.00
Full bodied, bearing a hint of tannin and a harmonic fruity-oak balance, with a deep royal purple color

Château Lascombes Margaux, Bordeaux Blend 2015, France (*).....£150.00
Easygoing, plush bouquet with rounded gritty tannins and tarry black fruit

Shirah Bro Deux, Bordeaux Blend 2014, California (*).....£110.00
Full bodied blend merges classic Bordeaux flavours with Californian power and richness

Château Haut Condissas Prestige, Merlot Blend 2011, France (*).....£120.00
A complex perfume of truffle, earth, blackberry and stone aromas, long and fresh finish

Shirah Power to the People, Syrah Blend 2014, California (*).....£150.00
A dark, brooding wine, bursting with aromatics, displaying notions of tangy, forest blackberries

Tenuta Monchiero Barolo, Nebbiolo 2010, Italy (*).....£120.00
Herbaceous aromas, delicate and fruity bouquet with vanilla and toast expressions, elegant in tannins

Binyamina The Cave, Bordeaux Blend 2014, Israel (*).....£120.00
Big and powerful with notes of dark fruit, liquorice and aged for 24 months in French oak barrels

Domaine du Castel Grand Vin, Bordeaux Blend 2016, Israel (*).....£130.00
Classic, elegant wine, complex bouquet of blackberries, spices, well balanced and smooth finish